



तेजपुर विश्वविद्यालय / TEZPUR UNIVERSITY

(केन्द्रीय विश्वविद्यालय / A Central University)

कुलाध्यक्ष का सर्वोत्तम विश्वविद्यालय पुरस्कार, 2016 Visitor's Best University Award, 2016

तेजपुर-784028 :: असम/ TEZPUR-784028 :: ASSAM

5th International Day of Yoga 2019 observed at Tezpur University

June 21, 2019

Tezpur University in collaboration with Yoga Centre and NSS (National Service Scheme) wing of the University joined the rest of the world to celebrate the 5th International Day of Yoga. The following activities were organised at the University to celebrate the day



1. **Yoga camp for various age groups:** Yoga Centre, Tezpur University conducted a weeklong Yoga camp from June 15 to June 20 for age groups between 8 to 16 years and above 16 years. The camp was well attended by young kids from and around the campus along with faculty and staff members of the University.
2. **Online essay competition on Yoga:** An online essay competition on the topic “Health Development and Nation Building through Yoga” was also organised during the occasion. Ms. Priti Rani Basumatary, Department of English and Foreign Languages won the first prize in the essay competition.

3. **Quiz competition:** A quiz competition on Yoga was held during the period to encourage young people to follow and practice Yoga. Various Yoga related questions were asked during the competition.
4. **Yogathon and Collage Making Competition:** A Yogathon and Collage making competition was also organised on the occasion to disseminate the usefulness of practicing Yoga.
5. **Observing International Day of Yoga:** Participants and students from different age groups, Led by Yoga instructor of the University, Shri Partha Pratim Das demonstrated various yoga asanas on June 21, 2019 at the Community Hall of the University. Asanas, such as, Bhadrāsana, Vajrāsana, Vṛkṣāsana, Ardhalāsana, etc. were performed. They also exhibited different Prāṇāyāmas and Dhyāna. The Common Yoga Protocol, as suggested by the Ministry of Ayush was also performed. Prof. V.K.Jain, Vice-Chancellor of the University also actively participated in the Yoga protocol. He also briefly highlighted the importance of practicing Yoga for healthy life.
6. **Use of Social Media Platforms:** In order to promote International Day of yoga, the official Social Media(SM) platforms (Facebook and Twitter) were used. The SM platforms of the University tweeted/retweeted/shared various yoga asanas/info graphs shared by the Ministry of Ayush. In order to encourage the students, faculty/staff members and their families including children to practice Yoga, age-group-wise competitions were held. The following are the winners:

Quiz Competition		
Position	Group	Members
1st	A	Ms. Nancy Rajkumari Mr. Arunansh Srivastava Ms. Felisha Nath Ms. Abhishikta Panchajanya Ms. Henthoibi Rajkumari
2nd	D	Mr. Arush Srivastava Ms. Meeraya Manik Mr. Swapneel Das Ms. Krishti Dutta
3rd	B	Mr. Neeraj Hazarika Mr. Shyamolima Sivam Mr. Tanish Kumar Sharma Ms. Saanvi Sharma
Collage Making Competition		

Position	Group	Members
1st	A	Ms. Nancy Rajkumari Mr. Arunansh Srivastava Ms. Felisha Nath Ms. Abhishikta Panchajanya Ms. Henthoibi Rajkumari
2nd	C	Ms. Ananya Nath Mr. Tirthajit Baruah Mr. Arijit Baruah Ms. Madhurima Sivam
3rd	B	Mr. Neeraj Hazarika Mr. Shyamolima Sivam Mr. Tanish Kumar Sharma Ms. Saanvi Sharma

Yoga Competition	
1st Position	Mr. Swapneel Das
2nd Position	Ms. Meeraya Manik
3rd Position	Mr. Arijit Baruah

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Total no. of camp participants is 90 kids and students.
Yoga day 130 nos.

SL.NO	NAME	Children/ Students
1	Afreen Hussain	T.U Student
2	Tarpita Saikia	T.U Student
3	Nagima Sultana	T.U Student
4	Bably Khatun	T.U Student
5	Nilakshi Das	T.U Student
6	Mandakini Baruah	T.U Student
7	Namrata Das	T.U Student
8	Anindita Bordoloi	T.U Student
9	Shahnaz Rahman	T.U Student
10	Priti Rami Basumatary	T.U Student
11	Barasa Sarma	T.U Student
12	Prasanli P. Saikia	T.U Student
13	Jiten Tanti	T.U Student
14	Mehru Razdan Saikia	T.U Student
15	Gautam	T.U Student
16	Prathanc Saikia	T.U Student
17	Pallabi Saikia	T.U Student
18	Manash Pratim Haloi	T.U Student
19	Telish Nath	School Student
20	Krishti Dutta	School Student

21	Swapneel Das	School Student
22	Nancy Rajkumari	School Student
23	Henthoibi Rajkumari	School Student
24	Tirthaji Baruah	School Student
25	Arijit Baruah	School Student
26	Tanish Kumar Sharma	School Student
27	Saanvi Sharma	School Student
28	Aaisha Gogoi	School Student
29	Shyamolima Sinam	School Student
30	Madhurima Sinam	School Student
31	Kohana Nath	School Student
32	Meeraya Manik	School Student
33	Abhishikta	School Student
34	Ripunjoy Patangia	School Student
35	Arunash Srivastove	School Student
36	Neeraj Hazarika	School Student
37	Ananya Nath	School Student
38	Nibedita Gogoi	T.U Student
39	Rajdeep Endaw	T.U Student
40	Sushruta Batsya	T.U Student
41	Neha Bhattacharya	T.U Student
42	Riblu Bharali	T.U Student
43	Omkar Pandey	T.U Student
44	Vaishnavi Singh	T.U Student
45	Himan Roshan Borah	T.U Student
46	Abhishek Pareek	T.U Student
47	Ankur Baruah	T.U Student
48	Bhavna Kashyap	T.U Student
49	Saptarshi Deka	T.U Student
50	Anuranan Chetia	T.U Student
51	Yubraj Katuwal	T.U Student
52	Novonit Gogoi	T.U Student
53	Surajit Das	T.U Student
54	Bhawana Kropi	T.U Student
55	Samir Adhikari	T.U Student
56	Dipjyoti Deka	T.U Student
57	Lipsa Priyadarshani	T.U Student
58	Sharad Sharma	T.U Student
59	Prateek Bhowmick	T.U Student
60	Nihal Das	T.U Student
61	Yuktakhi Gogoi	T.U Student
62	Pratik Mondal	T.U Student
63	Rakthim Bikash Das	T.U Student
64	Diksha Deka	T.U Student
65	Rajib Kumar Deka	T.U Student
66	Subhajit Paul	T.U Student
67	Majoni Basumatary	T.U Student
68	Hrichikesh Sarmah	T.U Student
69	Priya Dhar	T.U Student



70	Rohit Gupta	T.U Student
71	Anupam - Chetia	T.U Student
72	Subham Dey	T.U Student
73	Ankit Agarwala	T.U Student
74	Abdul Munyeem Siddique	T.U Student
75	Rajib Singh	T.U Student
76	Bikram Baruah	T.U Student
77	Parardha Sarmah	T.U Student
78	Harsh Shukla	T.U Student
79	Swapnil Deb	T.U Student
80	Suraj Sarmah	T.U Student
81	Rajdeep Ghosh	T.U Student
82	Kaushik Kumar Bora	T.U Student
83	Rabijit Singh	T.U Student
84	Manas Pratim Das	T.U Student
85	Subhasish Goswami	T.U Student
86	Aasurjya Bikash Handique	T.U Student
87	Hirokkyoti Dutta	T.U Student
88	Manash Saikia	T.U Student
89	Bichchuran Changmai	T.U Student
90	Pranamika Chetia	T.U Student
91	Chinmoy Borah	T.U Student
92	Dipankar Chetry	T.U Student
93	Masud Ahmed	T.U Student
94	Barbie Duarah	T.U Student
95	Gautam Baishya	T.U Student
96	Avishek Dutta	T.U Student
97	Nishant Bora	T.U Student
98	Rezoom Chakma	T.U Student
99	Jay Prakash Boro	T.U Student
100	Mousoom Mudoj	T.U Student
101	Himanshu Gupta	T.U Student
102	Utkarsh Anand	T.U Student
103	Nitish Kumar	T.U Student
104	Moloy Writ Saikia	T.U Student
105	Akash Das	T.U Student
106	Ankit Kumar Mishra	T.U Student
107	Ankush Kumar	T.U Student
108	Siripurapu Pavan Kumar	T.U Student
109	Akhil Mishra	T.U Student
110	Meghna Roy	T.U Student
111	Aditya Nath	T.U Student
112	Saurabh Kumar Singh	T.U Student
113	Subham Dey	T.U Student
114	Abhinav Anand	T.U Student
115	Anurag Patel	T.U Student
116	Abhishek Ranjan	T.U Student
117	Nayanjeet Saikia(Ecb18007)	T.U Student
118	Adittya Dey(Ecb18001)	T.U Student

119	Owashim Akram(Ecb18008)	T.U Student
120	Binay Sharma(Ecb18004)	T.U Student
121	Upam Sarmah(Ecb18009)	T.U Student
122	Pragya Boral	T.U Student
123	Kamal Murarka	T.U Student
124	Darshana Baruah	T.U Student
125	Fahim Yousuf Choudhury	T.U Student
126	Dibyaroop Das	T.U Student
127	Pranoschal Saikia	T.U Student
128	Debanga Saikia	T.U Student
129	Santanu Dey	T.U Student
130	Tanveer Nowaj Majumder	T.U Student



Prof. Papori Baruah
Yoga Coordinator